



Everyone with Diabetes Counts

Reducing Disparities in Diabetes Care and Improving the Health of People with Diabetes

According to the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), nearly 13% of adults age 20 and older and nearly one-third of persons 65 years and older have diabetes in the United States. The statistics for racial and ethnic minorities and people living in rural areas are even more startling.

Given these statistics, it's surprising that less than half of people with diabetes have had any form of education about their disease. Through free diabetes self-management classes, Telligen hopes to change that. Through the Everyone with Diabetes Counts (EDC) program, funded by the Centers for Medicare & Medicaid Services (CMS), we are promoting in-depth diabetes education classes to Medicare and Medicaid dual eligible beneficiaries with diabetes and pre-diabetes in Iowa.

How We Can Help

Through partnerships with community stakeholders, Telligen can:

- Provide community based diabetes self-management education
- Provide train-the-trainer programs to increase the numbers of Community Health Workers (CHWs) able to provide diabetes self-management education

What We Can Achieve Together

These and other activities are designed to unite stakeholders with a shared vision of improved diabetes self-management and to achieve broad goals, including:

- Improving HbA1c, lipid, blood pressure and weight control outcomes for Medicare beneficiaries with diabetes
- Decreasing the number of people who require lower extremity amputations due to complications resulting from poorly controlled diabetes
- Improving the health literacy of people with diabetes who have Medicare

Get Involved

Please consider joining us in this important project. You can help in the following ways:

- Promote healthy behaviors to prevent, delay and treat diabetes
- Promote the Everyone with Diabetes Counts project as well as a broader public awareness of diabetes and diabetes education.
- Host and recruit Medicare beneficiaries with diabetes to attend diabetes self-management classes.
- Consider sponsoring community health workers and volunteers for “train-the-trainer” sessions so that we can continue to sustain the improvements made over time.

For more information about the EDC program, please contact **Amy Fletcher**, at **(515) 440-8600** or at <mailto:iaqiosupport@area-d.hcqis.org>.

About Telligen

Telligen is the Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Iowa, Illinois and Colorado. We collaborate with providers and the community on multiple, data-driven quality initiatives to improve patient safety, reduce harm, and improve clinical care locally and across the network.